

THE PARENT MENTOR

MINUTE

FEBRUARY 2024

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM

MARK YOUR CALENDARS FOR THE LORAIN COUNTY RESOURCE FAIR

DATE: March 12th
LOCATION: Lorain County Community College
TIME: 6:00 PM -8:00 PM

The Lorain County Resource Fair is a free, indoor public event where families can learn about local resources, therapies, mental health providers, financial aid providers, transition services, summer camps, and more for their 0-22-year-old youth who are struggling (with or without a formal diagnosis). Participants can visit with representatives from a variety of organizations to discuss services and explore program options.

Families who pre-register and attend our in-person fair will be entered to win a \$100 VISA gift card.

Pre-register must be completed by March 11th to qualify for the drawing.

[Learn more and register here.](#)



IEP TIP CORNER

Having your child participate in their IEP meetings is really important - especially when they reach age 14. This [article](#) from Understood.org shares the benefits of including your child and some ideas on how to include them. They don't need to stay for the whole meeting, but it is so important for their team to hear from them and for the student to hear from their team! If you are looking for a sample script to use, please reach out to your parent mentor.



Paula Drummer
(440) 324-5777 ext. 1166 drummer@esclc.org
Lorain County: Elyria, Firelands, Keystone, Sheffield-Sheffield Lake and Wellington
Erie, Huron and Sandusky Counties: Bellevue, Norwalk and Monroeville



Kendis Bender
(440) 324-5777 ext. 1167 bender@esclc.org
Lorain County: Amherst, Avon, Avon Lake, Columbia, Lorain, Midview, North Ridgeville, Oberlin

PRESCHOOL

This short video breaks down the research-backed ways parents and caregivers can support children's healthy brain development. The benefits of play on lifelong learning, behavior, and well-being are highlighted to help all kids thrive by the age of five.

[View Video Here.](#)



ELEMENTARY

As parents we tend to check our student's grades to see how they are doing, but what about their social skills? These are the skills that help students succeed in areas beyond academics. This [article](#) from The Pathway2Success covers 12 basic social skills that kids need.

HIGH SCHOOL TRANSITION AGE 14+

If your student is 14 years of age or older now is the time to take a look at this website. Many of the services available begin at the age of 14.

[Opportunities for Ohioans with Disabilities](#)

READING

Reading Tips for Families is a valuable online platform that provides a wealth of reading resources for parents and children from birth to high school. With a commitment to fostering literacy skills and a love for reading, the website updates its content monthly. The site also offers reading resources specifically designed for non-English learners.

[Access the Resource Here.](#)



The KIDnections Group

VIRTUAL Cooking Classes



The KIDnections Group offers virtual cooking classes via Zoom on Saturday mornings once a month and chefs of ages 6 and up of all abilities are welcome to cook with us! This virtual cooking experience will allow participants to utilize the kitchen tools and foods in their own space at home while learning new skills and practicing familiar ones. We will guide chefs through two to three recipes step by step, answering questions and encouraging active participation. Cost for the class is \$20 and anyone in your household (i.e. siblings, cousins, friends, grandparents, etc.) that can cook or assist with cooking is invited to join in for no additional cost. We hope to see you soon!

Dates: Saturday, February 24th, 2024
Saturday, March 23rd, 2024
Saturday, April 20th, 2024

Time: 10:00-11:00 AM EST

Location: Your own kitchen!

Cost: \$20 per household

Scan the QR Code
to Register



SENSORY FRIENDLY CONCERT

Sponsored by The Cleveland Orchestra

Daniel Reith, conductor

Daniel Singer, narrator

DATE: February 24th

TIME: 11:00 AM

LOCATION: Severance Music Center

COST: \$15 (each \$15 adult ticket qualifies for one ticket to anyone under the age of 18)

This Sensory-Friendly Concert will support a welcoming and inclusive experience for people of any age with autism spectrum disorder or sensory sensitivity, as well as anyone who would benefit from a more relaxed concert environment. The relaxed house rules will allow for talking, clapping, and moving, and calming spaces will be available.

[Access Tickets Here](#)



LEARNERS WITH COMPLEX NEEDS

Guardianship, and Supported Decision Making

Disability Rights Ohio

Date: February 20th

Time: Noon

Location: Online event

Registration: [Online in the Link](#)

This clinic will focus on Transfer of Rights, Guardianship, and Supported Decision Making for Adults with Disabilities.

WORKSHOPS AND TRAININGS

Unique Behaviors & Social and Emotional Needs in the Classroom

Webinar: 6:30 PM -8:00 PM

Some students quietly internalize their struggles while others externalize resulting in concerning behaviors. Join us and special guest Dr. Jay Berk to learn how to help your child with behavioral and/or social-emotional needs.

[Register here to join the webinar.](#)

EMPOWER SPORTS: BASKETBALL

Empower Sports is a 501(c)3 nonprofit organization committed to providing sports and exercise programs for children and adults with various physical and cognitive disabilities and additional programs for typically-developing kids. We value diversity, relationships, service, and empathy.

BASKETBALL PROGRAM DETAILS

- **Where:** Avon East Elementary
- **Dates:** Thursdays, March 21st-April 25th (off April 4th)
- **Time:** 6:15-7:30 PM
- **Fee:** \$30 (financial aid available)
- **Limitations:** Maximum of 30 players

[Register here.](#)



FOR MORE INFORMATION OR TO FIND OUT IF THIS PROGRAM IS RIGHT FOR YOUR ATHLETE PLEASE GIVE THEM A CALL AT 216-400-8598.



The Center for Disability Empowerment

For families and professionals:

Save the Dates FEBRUARY 2024



It's MY Turn February 15th

Lunch & Learn | 12-1 PM

Learn more about this self-determination curriculum for students with disabilities in middle school through high school. Students will learn about themselves, the choices they have, becoming better self-advocates and how to be better prepared to enter the adult world as they transition from school to the community.

Professionals:

Looking for tools to assist your students in becoming prepared for life after high school?

Parents:

Would you like your child to become better prepared for their future after graduation?



Presenter
Sandy Brickner
Ohio Coalition for the Education of Children with Disabilities

[Click here to register](#)

Medicaid Waivers 101

February 20th | 6:30-7:30 PM

Learn about the basics of Medicare and Medicaid. Discuss the waivers that Medicaid offers, from nursing home level of care waivers to developmental disability waivers. Find out who can use a waiver, what services are offered, and how to sign up for a waiver. Questions and answer session to close.



Presenter
Jennifer Kucera
Healthcare Outreach Coordinator, The Center for Disability Empowerment

[Click here to register](#)

Need a reasonable accommodation to fully participate, please send a request at least 5 days in advance:

Debra Petermann | 614-575-8055
dpetermann@disabilityempowerment.net

ADMA DANCE AND GYMNASTICS

ADMA will offer Adaptive Movement Gymnastics class at 4:30 on Wednesdays, as well as, encouraging inclusion in all of our other classes! We want to give children with special needs a safe, fun place to explore dance and gymnastics! In addition to learning dance and gymnastics, we strive to help children achieve increased self-confidence, social skills, flexibility, and muscular strength!

[Register here.](#)

TIPS FOR FAMILIES

Did you know that there is a website just for families of students with disabilities? This is full of information from evaluations to transition to how to get help!

[Families of Students with Disabilities | Ohio Department of Education and Workforce](#)